



Mentor Logistics

Baseline Assessment

The baseline assessment should be filled out for all new schools. It is designed to help the mentor, the school coordinator, and the principal decide what criteria are already in place at the school and what needs to be done in order to achieve certain levels. Please complete the entire assessment, even if the school is only planning on achieving the bronze level this year.

The baseline assessment should be completed during your first meeting with the principal and school coordinator.

Schedule a time with the principal, and school coordinator to discuss the assessment, and set goals for accomplishing the remaining criteria.

If you have any questions or comments regarding the baseline assessment, please contact your LHD.

School Information

School Name_____

School District_____

School Coordinator_____

Mentor_____

Principal_____

PTA President_____

Do you have access to a certified PE Specialist? Yes No
(see Gold #1)

If yes, provide name and contact info_____

Do you participate in a free/reduced breakfast program? Yes No

Date of Faculty Orientation_____ Number Attended_____

Date of Kick-off Assembly_____ Number Attended_____

Criteria Baseline

Bronze Criteria

#1: Write a policy requiring 90-150 minutes (45-75 minutes for kindergarten) of structured physical activity each week using the Utah State Office of Education's physical education core curriculum.

Minutes currently spent in PE _____

Using the physical education core curriculum Yes No

If no, what are you teaching in PE?

#2: Teach the Health Education core curriculum provided by the Utah State Office of Education.

Using the health education core curriculum Yes No

#3: Establish a Gold Medal Mile walking program on or around school grounds and a goal for student participation.

#4: Promote Safe Routes to School by requiring the development and distribution of a Student Neighborhood Access Program (SNAP) plan, SNAP map, and safe drop-off/pick-up map.

School has Safety Committee Yes No

School has a Written SNAP Plan Yes No

School has a SNAP Map Yes No

School has a safe drop-off/pick-up map Yes No

#5: Write a policy mandating a tobacco-free school.

District has tobacco policy Yes No

School has tobacco policy Yes No

“No Tobacco” signs are placed around the school	Yes	No
Written policy is distributed to faculty and staff	Yes	No
Policy is communicated verbally to faculty and staff	Yes	No
Policy is included in the faculty and staff policy manual	Yes	No

#6: Complete, and submit the Utah School Heart Health Survey

Faculty and Staff have completed and returned the Heart Health Surveys	Yes	No
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Silver Criteria

#1: PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers, and the principal.

PTA currently coordinates a health-related event each year	Yes	No
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If yes, what event?

#2: Write a policy for faculty, and staff wellness activities.

School currently has a faculty and staff wellness program	Yes	No
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If yes, describe the program.

School has a policy for a faculty and staff wellness program	Yes	No
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#3: Offer a variety of competitive, and non-competitive physical activity programs accessible to all students.

School currently offers competitive and non-competitive physical activities	Yes	No
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If yes, describe the activities.

Gold Criteria

#1: Write a policy that requires all Pre K-12 physical education, and physical activity courses to be overseen by certified Physical Education (PE) teachers or PE specialists employed by the school or district.

PE classes are currently overseen by PE teacher or specialist	Yes	No
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#2: Write a policy for all teachers, and staff that food is not to be used as a reward or as a punishment for students.

	Yes	No
Food is not used as a reward or punishment		

#3A: Write a policy that requires healthy food, and beverage choices to be available whenever food is available outside of school meal services.

School provides access to heart healthy food whenever food is offered including school events, assemblies, parties, etc.

#3B: Enroll school as a Team Nutrition School, and conduct nutrition education activities and promotions that involve students, parents, and the community

School is enrolled as a Team Nutrition School	Yes	No
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School has nutrition education activities that involve students, parents and the community? Yes No

#3C: Offer nutrition education in the school dining room, and in the classroom, with coordination between school food service staff and teachers.

Nutrition education is offered in the dining room **and** the classroom

#3D: Write a policy that requires lunch to be at least twenty minutes long from the time students are seated, and held between 11am and 1pm.

Students currently get 10 minutes to eat breakfast **after** sitting down

Students currently get 20 minutes to eat lunch **after** sitting down

Lunch is scheduled between 11 am and 1 pm

#3E: Write a policy that bans advertising of less nutritious food choices, and promotes healthy food choices.

School bans advertising of less nutritious food choices, and promotes healthy food choices.

Yes	No
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#3F: Write a policy that requires food service staff to have appropriate pre-service training, and regular participation in professional development activities.

Food service staff has pre-service training	Yes	No
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Food service staff participates in professional development	Yes	No
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#3G: Require all organizations to raise funds by selling non-food items.

School does not sell food for any fundraisers	Yes	No
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If yes, what fundraisers do you hold?

#3H: Consider students needs in planning for a healthy school nutrition environment by asking students for input, and incorporating their feedback into policymaking.

School uses student input when writing policies	Yes	No
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If yes, how?

#3I: Write a policy that requires recess to be scheduled immediately before lunch.

School schedules recess immediately before lunch	Yes	No
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If yes, include school recess and lunch schedule.

Criteria Menu

(Please check all that apply)

- ☐ #1: Participates in Walk Your Child to School Day.
- ☐ #2: Participates in the American Heart Association's physical activity and community service programs, Jump Rope for Heart or Hoops for Heart.
- ☐ #3: Participates in the Fruits & Veggies—More Matters® Grocery Store Tours or *Healthy Eaters™* Field Trips.
- ☐ #4: Participates in the ADA's School Walk for Diabetes or another health related walk.
- ☐ #5: Participates in the Truth from Youth ad campaign.
- ☐ #6: Teaches proven effective tobacco use prevention program.
 - ☐ Project Towards No Tobacco
 - ☐ Prevention Dimensions
 - ☐ Other_____
- ☐ #7: Utilizes the Utah State Office of Education's Child Nutrition Program, Cafeteria Connections, to market and promote the link between the cafeteria, and the classroom.
- ☐ #8: Participates in the USDA's Food and Nutrition Service program, HealthierUS Challenge.
- ☐ #9: Participates in one National Health Campaign.
 - ☐ Red Ribbon Week
 - ☐ National Nutrition Month
 - ☐ Green Ribbon Month
 - ☐ Other_____
- ☐ #10: Holds an Olympic Field Day.
- ☐ #11: Allows students and community members to use the physical activity facilities outside school hours.
- ☐ #12: Has a School Health Council
- ☐ #13: Has a policy that discourages withholding PE or Recess as a punishment
- ☐ #14: Has a policy that provides for continuing education for PE, tobacco use prevention, and nutrition teachers.
- ☐ #15: Has a policy that requires both breakfast and lunch programs.
- ☐ #16: Participates in the Physical Fitness Testing or the Health Fitness Testing of the President's Challenge.

- #17: Participates in the Governor's Golden Sneaker Awards Program.

Platinum Criteria

#1: Strengthen your School Community Council by holding monthly meetings, and including health as an agenda at every meeting.

School has a School Community Council that meets monthly Yes No

Health is a topic at each meeting Yes No

#2: Write a policy that requires healthy food, and beverage choices to be available whenever food is available outside of school meal services.

School provides access to heart healthy food whenever food is offered including school events, assemblies, parties, etc. Yes No

#3: Plan and carry out a faculty/staff wellness program that lasts all year long.

School has yearlong faculty/staff wellness program Yes No

If yes, describe program

#4: Involve families and the community in completing Gold Medal Schools criteria.

#5A: Write a policy that requires recess to be scheduled immediately before lunch for most or all grades.

#5B: Write a policy that requires lunch to be at least twenty minutes long from the time students are seated, and held between 11am and 1pm.

Mental Health and Wellness Criteria

#1: Discuss your district or school medical recommendations policy at a faculty meeting. If your school or district does not have a policy one must be written.

School or district has a medical recommendations policy	Yes	No
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#2: Identify ways your school can promote mental health, and wellness by improving students' self-worth and stress management skills.

#3: Give faculty and staff resources about mental health and how they can recognize mental health concerns in students.